

**March
2021**



Senior Programs Newsletter

A MESSAGE FROM THE SENIOR PROGRAMS STAFF



SELECT FACILITIES NOW OPEN

The following is a list of centers and days of operation for RecFit activities and classes. The centers below are open on Sunday-Friday from 12:30—8 p.m. and Saturdays from 9 a.m.—4:30 p.m.:

- Bauer Drive- Monday, Thursday, Friday, Saturday
- Damascus- Tuesday, Thursday, Saturday
- Lawton- Sunday, Monday, Tuesday
- Plum Gar- Monday, Thursday, Friday, Saturday
- North Potomac- Tuesday, Thursday, Saturday
- Potomac- Thursday, Friday, Saturday
- Praisner- Tuesday, Thursday, Saturday
- White Oak- Sunday, Monday, Tuesday

Important Registration Information

Each participant is required to register. You must have a valid Montgomery County Recreation Pass or be registered in a RecFit class to participate.

At this time, reservations are open to County residents only. Residents must have a current pass or purchase a new Fit and Play pass. While reservations are not required, residents with reservations will have priority entry. The number of available walkup entry slots will depend on the number of pre-reserved spaces. For more information visit mocorec.com or call 240-777-6840.

NORTH POTOMAC KNITTERS

Kits to Heart requested handmade tote bags as a project for MLK Day and the North Potomac Knitting Group got their knitting needles and crochet hooks and went to work. . Pictured are a few of the handmade totes donated to this wonderful organization. Kits to Heart is a nonprofit organization that gives cancer care kits to bring smiles, alleviate stress, and provide psychosocial support for a better treatment process.



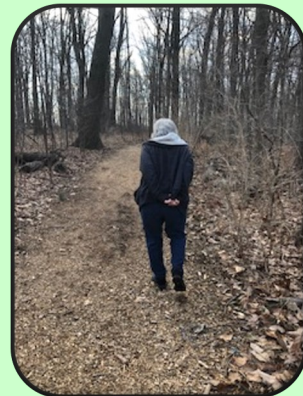
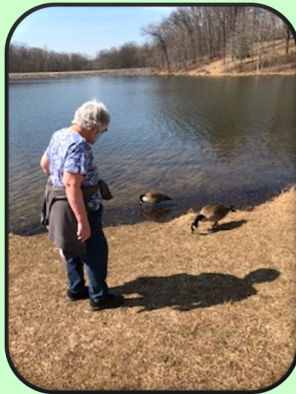
Montgomery County Anticipates Seniors' Resource Guide 2021



The Beacon Newspaper is about to publish the annual *Seniors' Resource Guide*. The *Guide* is full of information about businesses and programs offering services to older adults. Paper copies of the 2021 edition will be available for *free* at pharmacies, grocery stores and other locations around Montgomery County and our region. You can see an easy to use online version now: <https://www.thebeaconnewspapers.com/resource-guide/>

Online readers can search for exactly what they want using keywords and can make the page larger or smaller by zooming in and out as needed. Readers can also download the entire *Guide*, and even order a paper copy through the mail at the *Guide* webpage.

PICS FROM UPPER MOCO WALKING TRAILS



Montgomery County has over 250 miles of trails to explore. Register to join us. Active # 107900

55+ PROGRAMS

Here are a few of the programs offered by Montgomery County Recreation for 55+ adults. For a complete listing visit [Activemontgomery.org](https://activemontgomery.org).

- Bone Builders #113880—Join us for Bone Builders exercise class that focuses on stretching, strengthening, and balance. Class will be held over Zoom so that you can do it from home over the computer. Sign up today. Start date 3/23.
- Seated Stretch and Tone #107925—A 30 minute low intensity chair workout via Zoom! Exercises will include stretching, strengthening, and balance. Start date 4/6.
- Explore Upper Montgomery County Walking Trails 107900—Come explore various walking trails in Upper Montgomery County. Group will meet on site. For information on our meet up locations, please contact Sheila at 202-450-8057 or email at Sheila.Hall@montgomerycountymd.gov. Program runs from 3/4 to 4/29.
- Bocce Game Outdoors #108181—Join us for some outdoor fun at the Margaret Schweinhaut Senior Center bocce courts. The courts are covered, so play is rain or shine. Start date 4/7.
- Campfire Chat and Dessert Social #107917—Enjoy Campfire chats and yummy desserts on the grounds of Longwood Recreation Center. Music, S'mores and fun while being safe and socially distancing. Sign up soon. Space is limited. Start date 4/29.
- Gratitude Lifestyle #107888—The Gratitude Lifestyle is more than just the current buzzword for a road to happiness. Scientific research has linked it to better sleep, a greater sense of calm, and higher self esteem. In this 6 week, one hour Zoom class, we will discuss what the science shows about gratitude and ways to orient our outlook on life to include more gratitude. Start date 4/6.
- Cherry Blossom 2021 Live #107926—Join us to watch the BloomCam live! A 24/7, live, real-time look at one of the most popular and beloved sites in Washington, D.C. The BloomCam allows an immediate view and connection to the Cherry Blossoms. Share any memories with other participants and enjoy! 3/31.
- Gym Phobia and How to Conquer It #107928—Have you thought about joining a gym but find the idea intimidating? Gyms and fitness centers will open again and can provide a great option for meeting your exercise goals. This one hour 4-session virtual class is designed to help take the fear out of belonging to a gym. Topics will include: the benefits of gym membership, proper gym etiquette, scheduling your gym workout, and how to use the cardio and strength training machines. Start date 4/19.



Senior Planet Montgomery is a free program designed for Montgomery County residents 60 years and older to harness the power of technology. Classes are now being offered online using Zoom video conferencing and focus on how to thrive at home. Topics introduce online programs and resources that enable learning, shopping, entertainment, connecting to loved ones, and staying active. A home internet connection and a device is all that is required to participate. Check out classes; sign-up for our e-newsletter at www.seniorplanet.org/Montgomery.

Contact our team to learn more at mocoinfo@seniorplanet.org or 240-753-0676

Tech Question? Give us a call. Senior Planet National Tech Hotline: 920-666-1959

LOOKING FOR LOW-COST INTERNET OPTIONS

Check out low-cost options below. If you are denied enrollment or need assistance obtaining a device, contact Senior Planet and Montgomery County will try to assist you.

COMCAST INTERNET ESSENTIALS

1-855-846-8376/1-855-765-6995 for Spanish/video chat in ASL on their website www.internetessentials.com.

RCN INTERNET FIRST

800-746-4726 • www.rcn.com/internet-first

Limited service area: Silver Spring, Chevy Chase, Gaithersburg.

VERIZON

1-800-837-4966 • verizon.com/info/low-income-internet

WHAT IS REC ROOM?



Montgomery County's Recreation REC ROOM is a virtual recreation hub for residents to enjoy from home. It can be challenging to stay fit and active during this time, so we have created exciting ways to do all things Rec while you are home. You will find arts & crafts, fitness videos, virtual classes and trips, and fun recreational ideas. You can access Rec Room at mocrecom.com. Have fun! Stay Fit. Stay Healthy. Stay Creative.

EASY IRISH RECIPES

TWICE BAKED POTATO CASSEROLE

INGREDIENTS

- 2 1/2 lbs. potatoes, peeled and cut into quarters
- 4 tablespoons butter
- 1 1/2 cups grated cheddar cheese
- 3/4 cup milk
- 1/2 cup sour cream
- 2 eggs
- 3/4 cup sliced green onions
- 5-6 slices cooked bacon, cooked crisp

DIRECTIONS

- Preheat oven to 350 degrees. Lightly grease a shallow 2-quart baking dish.
- Cook potatoes in a large pot with salted water for 20 to 25 minutes, until tender. Drain potatoes and return to pot. While potatoes are hot, add butter and mash until smooth.
- Stir in 1 cup of cheese, milk, sour cream and eggs until blended.
- Add 1/2 cup of scallions, 3 slices of crumbled bacon, salt and pepper to taste.
- Spoon into the prepared baking dish. Sprinkle remaining cheese and crumbled bacon.
- ♦ Bake uncovered for 35-40 minutes or until the top is lightly golden brown.
- ♦ Sprinkle with remaining 1/4 cup of scallions.
- ♦ Serve and enjoy.

FRIED CABBAGE AND SAUSAGE

INGREDIENTS

- 3 tablespoons butter
- 1 small green cabbage, chopped
- 1/2 cup chopped onion
- 1/2 - 3/4 lb. smoked sausage, sliced
- 1 (15 ounce) can diced tomatoes, undrained
- 1/4 tsp. garlic salt, to taste
- Salt and pepper to taste

DIRECTIONS

- Slice the sausage, cabbage, and onion.
- In a large non-stick skillet, pre-cook the sliced sausage about 3 minutes. Remove sausage from skillet and drain on paper towels if needed. Set aside.
- In clean skillet, melt butter, then add cabbage and onion. Cook on medium-high for about 5 minutes stirring frequently until cabbage starts to wilt.
- Add remaining ingredients and the sausage.
- Cover the skillet and cook for about 10 minutes.
- Uncover, and finish cooking until cabbage is desired tenderness.

All are welcome to join us on Zoom to celebrate the
INDIAN AMERICAN FESTIVAL OF COLORS, HOLI



Presented by Jai Ho Group of North Potomac
Friday, March 26 — 11:30 am to 1:00 pm
Wear colorful clothes, bring a scarf and dessert.
Enjoy virtual dance, music, stories, and more.

REGISTER AT [ACTIVEMONTGOMERY.COM](https://www.activemontgomery.com)

ACTIVE #110926

MARYLAND DAY IS MARCH 25TH



Join us for Maryland Day Trivia at 2 pm.
Learn interesting and fun facts about the Old Line State.

REGISTER AT [ACTIVEMONTGOMERY.COM](https://www.activemontgomery.com)

ACTIVE #117823

YOGA FOR VITALITY



Yoga for cognitive brain health. Join Natasha to learn how yoga can improve cognitive brain health. This session is a combination of breath work, gentle movement, and meditation. Yoga can be practiced seated or standing. Bring mat and water to class. Session starts on April 6th at 10 am.

REGISTER AT [ACTIVEMONTGOMERY.COM](https://www.activemontgomery.com)

ACTIVE #107929

For more information visit www.mocorec.com
240-777-4925 ■ Hablamos Español

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or @rec.inclusion@montgomerycountymd.gov to request accommodations.



FASCINATING MARCH FACTS

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

On March 10, 1876, Alexander Graham Bell made the first ever phone call. It was to his assistant and he said "Mr. Watson, come here. I want to see you."

The popular social media outlet Twitter was launched on March 21, 2006, with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read "just setting up my twttr."

The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.

If you were born in March, your birth flower is a daffodil!

March is the time of year when animals start waking up from hibernation.

Back in the older days, March was when military campaigns would resume that had previously been put on hold for winter.



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See specific activity for more information.

240-777-6840 ■ Hablamos Español ■ www.mocorec.com



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